

Name _____

Date _____

HEALTHY FOOD

Worksheet

Choose and write healthy items and unhealthy items from the food items given below.

Milk	Fizzy drinks	Pulses	Biscuits	Ice cream	Meat
Bread	Vegetables	Refrigerated	Eggs	Fruits	Fish
Candy	Yogurt	Fried food	Chocolates	Nuts	Cheese

[illegible]